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**IMCOM
RIBBON
CUTTING
AND OPEN
HOUSE**

**AUG. 19
9 a.m.
Building 2261**

"One Team, Supporting Military Missions and Family Readiness!"

Carter takes command of 502nd ABW in ceremony at Fort Sam Houston

By L.A. Shively
FSH News Leader

Air Force Brig. Gen. Leonard Patrick turned over command of Joint Base San Antonio to Air Force Brig. Gen. Theresa Carter July 18 at Fort Sam Houston's MacArthur Parade Field with ruffles and flourishes.

Civilians and uniformed service members representing JBSA assembled in flights on the field and included the 502nd Air Base Wing, headquarters staff and its three support elements: the 502nd Mission Support Group from Fort Sam Houston, the 802nd Mission Support Group from Lackland Air Force Base and the 902nd Mission Support Group from Randolph AFB, to witness

the ceremonial transfer of the unit guidon and change of command.

A joint color guard paraded the colors and the band, consisting of musicians from both the Army and Air Force, entertained the gathering.

"Brig. Gen. T.C. Carter will bring her own combat boots," said Air Force Gen. Edward A. Rice Jr., commander Air Education and Training Command, officiating over the ceremony and conveying Carter's qualifications for the job.

"She's here to make her own footprints on this organization . . . she'll take that baton and take this wing to even new heights of greatness. She's perfectly positioned to do exactly that. She is one



Photo by L.A. Shively

From left) Air Force Gen. Edward A. Rice Jr. presents the guidon representing command of the 502nd Air Base Wing to Air Force Brig. Gen. Theresa Carter.

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Photo by L.A. Shively

Texas Gov. Rick Perry ceremonially signs The College Credit for Heroes bill at St. Phillips College.

Perry signs law giving college credit for military experience, METC partners with UIW

By L.A. Shively
FSH News Leader

Flanked by military students from the Medical Education and Training Campus and combat medics from the Army National Guard, Texas Gov. Rick Perry ceremonially signed The College Credit for Heroes bill July 14 at St. Phillips College.

The bill, actually signed into

law in June, awards \$3 million to a consortium of several San Antonio-area community colleges and universities to confer college-level credit for training and experience earned in the military.

The law charges the Texas Workforce Commission and the Texas Higher Education Coordinating Board to find methods to maximize credits awarded for military experi-

ence and report findings to the Legislature by Nov. 1.

"As the home state for so many who have sacrificed so much for this country, we have this special duty to improve the lives and circumstances of our veterans," Perry said.

"Those experiences and those skills our veterans bring

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Firing up the grill? Keep these safety tips in mind

By Jacqueline Leeker
ARNEWS

In the news, a man ignored the safety warnings and started a charcoal fire with gasoline. When the fire didn't ignite to his satisfaction, he poured more gas on the charcoal.

The gas can exploded in his hands. He only remembers bits and pieces of what happened that afternoon. He does know he spent 42 days in the hospital and had \$20,000 worth of medical bills.

He was not the only one to ignore safety warnings. Statistics released by the National Fire Protection Association indicate gas and charcoal grills caused an average of 3,400 structure fires and 4,900 outdoor fires in or on home properties in 2005. These fires resulted in a combined direct property loss of \$137 million.

Ronald Martin, acting assistant fire chief for Fort Belvoir, Va., explained the problem his department has seen is that grills are too close to houses and the heat melts the siding.

"Grills need to be back at least three feet from any structure, object, brush or tree. Keep in mind grills are prohibited on decks of condos, townhouses, and apartments," Martin said.

Recommendations from his office include:

- Check the grill to make sure it's clean. Accumulated food and grease can cause a flare up.
- Set grill on level surface so it won't tip over.
- Ensure the grill is

a safe distance away from grass, brush and anything combustible. That way, the wind won't carry the sparks to ignite a fire.

Don't wear loose clothing that could get too close to the grill. Wear an apron to guard against splatters of hot grease.

Use long-handled tools and have water ready to spray on stubborn flare ups. Lighting the Fire:

- Stack charcoal in the a pyramid in the middle of the grill.
- Pour on charcoal lighter fluid; let it soak in for a minute or two.
- Ignite the coals by tossing a match in or using a long match.
- Don't toss the match while your hand is too close and do not use a cigarette lighter.
- Coals are ready when they are mostly covered by ash; spread the coals evenly along the bottom, setting more charcoals around the edge of the grill to be moved into the fire later.
- Before putting meat on, trim excess fat.
- Don't leave the grill unattended.

If the fire becomes too hot, separate the coals and raise the rack When you're finished:



Photo by Spc. Laura Johnson

Ribs and brisket on the grill at a barbecue cook-off at Camp Liberty, Iraq.

- Douse the coals with water, cover the grill and close the vents.
- Never put coals back into the bag.
- Never bring coals inside. They give off deadly carbon monoxide.
- Clean the grill.

National Fire Protection Association Grilling Safety Tips
Charcoal Grill

Charcoal produces carbon monoxide when it is burned. It is a colorless, odorless gas that can accumulate to toxic levels in closed environments. Each year, about 30 people die and 100 are injured as a result of fumes from charcoal

grills and hibachis used inside.

- Never burn charcoal inside homes, vehicles, tents or campers. Charcoal should never be used indoors, even if ventilation is provided.
- Since charcoal produces fumes until the charcoal is completely extinguished, do not store a grill indoors with freshly used coals.

"Be sure to cool the coals before disposal. When disposing of coals, make sure they always go in a metal container. Plastic containers can melt and others can start a fire," Martin said.

Gas Grill

Liquid petroleum gas, or propane, used in gas grills, is highly flammable. Each year, about 30 people are injured as a result of gas grill fires and explosions.

Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container. To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks:

- Consumers should use caution when storing gas containers. Always keep containers upright. Never store a spare gas container under or near the grill or indoors. Never store or use flammable liquids, like gasoline, near the grill.
- To avoid accidents while transporting gas containers, consumers should transport the container in a secure, upright position. Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

Edwards Aquifer Level

in feet above sea level
as of July 20

CURRENT LEVEL * = 642.4'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Weekly Weather Watch

	Jul 21	Jul 22	Jul 23	Jul 24	Jul 25	Jul 26
San Antonio Texas	98° Partly Cloudy	94° Isolated T-Storms	98° Partly Cloudy	99° Partly Cloudy	99° Partly Cloudy	101° Sunny
Kabul Afghanistan	93° Sunny	93° Sunny	94° Sunny	90° Partly Cloudy	90° Isolated T-Storms	93° Sunny
Baghdad Iraq	113° Sunny	114° Sunny	115° Sunny	116° Sunny	116° Sunny	116° Sunny

(Source: The Weather Channel at www.weather.com)

News Briefs

PHCR-South Change of Command

The Public Health Command Region-South will hold a change of command ceremony July 21, 8 a.m. at the FSH flagpole.

VETCOM Inactivation

The Army Veterinary Command will hold an inactivation ceremony July 22, 8 a.m. at the FSH flagpole.

U.S. Army Medical Department Regimental Social

The social is July 29 at 5 p.m. at the AMEDD Museum. The guest speaker is retired Command Sgt. Maj. Adolph Arista. Cost is \$5, light snacks and refreshments will be provided. Call 221-0144 for information.

IMCOM Ribbon Cutting and Open House

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus will be held Aug. 19 at 9 a.m. at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds roads. The event is open to all Fort Sam Houston personnel. IMCOM oversees all facets of managing Army installations around the world. The headquarters was relocated to Fort Sam Houston as part of the 2005 Base Realignment and Closure actions.

502nd MSG/LMH Back to School Bash

Lincoln Military Housing officials invite all Fort Sam Houston housing residents to 502nd Mission Support Group commander Col. John P. Lamoureux' first Back to School Bash/Quarterly Town Hall meeting from 6 to 8 p.m. Aug. 11 at the Main Resident Center, Building 407. Briefings will be conducted by MWR, the Fort Sam Houston Independent School District, Security Forces, Fire Department, Boy/Girl Scouts and more. Refreshments will be served along with special guest visits by McGruff and Sparky. There will also be a bouncy castle, cotton candy and snow cones. LMH is providing raffle prizes

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of the three most prominent and preeminent civil engineers in the United States Air Force," Rice said.

Joint Base San Antonio – consolidating the resources of Fort Sam Houston and Randolph and Lackland AFBs – is the largest of 12 joint bases mandated by the 2005 Base Realignment and Closure Act.

Overseeing Fort Sam Houston, Randolph and Lackland, the 502nd ABW administers physical plants worth more than \$10 billion, and has an annual budget of more than \$700 million supporting 211 mission partners and nearly 80,000 people.

Rice said Carter had been both a mission support group commander and an air base wing commander. "The good news is she knows your job. The bad news is she knows your job," he joked.

"For the last three years she has been the lead person within Air Mobility Command on joint basing issues both at the policy and the execution levels. I daresay there's anybody who has greater knowledge of joint basing in the entire Department of Defense," Rice said, closing his remarks.

"You are the heart and soul of what we do," said Patrick, addressing the men and women in formation during his farewell



Photo by L.A. Shively

(From left) Air Force Gen. Edward Rice Jr., and Brig. Gen. Leonard Patrick and Theresa Carter salute the colors during the change of command ceremony.

address. "You are customer service oriented partners. You are creative, you are innovative," Patrick said, adding that this journey called joint basing is about doing what is right for the customers so they can pursue conflict and protect the country around the world and in cyber space.

"I don't give up the command easily, but if I could pick one officer to lead you to the next level, it is Brig. Gen. Theresa Carter.

"She knows what the issues are and she also knows what we're doing here in San Antonio. T.C., I can't wait to see what you do with this organization," Patrick said.

Patrick leaves JBSA to command the 2nd Air Force in

Biloxi, Miss.

As change of command orders were read aloud, Patrick relinquished command and the guidon to Rice. Carter then accepted command of JBSA and the guidon from Rice.

"Len, I say the best leaders are those who bring out the best in others, and I can say it's clear that your leadership has brought out the best in the Air Base Wing," Carter said at the podium to Patrick during her salutatory remarks.

Carter said she'd been blessed to be at the right place and time, with the right people in order to make a positive difference in the past and that held true with JBSA as well.

"I don't think I've ever seen a more dedicated group of com-

munity and civic leaders than here in San Antonio.

"It's easy, in my eyes, to see why San Antonio is known as Military City USA and it's absolutely the right place to be. I look forward to working closely with our community leaders over the next few years.

"Is it the right time?" Carter asked. "You bet it is. As the Wing nears the end of its (first) full year of joint operations, you will continue to review and refine the processes that you so painstakingly developed.

"I relish the chance to lead change, seize new opportunities to improve and develop innovative solutions to the problems that lie ahead."

Carter asked whether the right people were up to the challenges of JBSA. "There's no doubt about it," she said, commending senior leaders.

Carter lauded the talents and dedication of those at the Wing and, concluding her remarks said, "When you add passionate civic leaders, you absolutely have the right people to make Joint Base San Antonio the premier installation of the Department of Defense.

"I am deeply honored to command this Wing, proudly accept responsibility for it, and look forward to building upon the proud tradition of excellence associated with the 502nd Air Base Wing and Joint Base San Antonio."



Photo by L.A. Shively

Air Force Brig. Gen. Leonard Patrick, commander, 502nd Air Base Wing speaks at the Joint Base San Antonio Sustainable Energy Workshop 2011.

A bright, green future for JBSA, San Antonio focus of sustainable energy workshop

By L.A. Shively
FSH News Leader

Partnerships, innovation and efficiency were featured topics during the Joint Base San Antonio Sustainable Energy Workshop 2011, hosted by the Defense Transformation Institute in collaboration with the 502nd Air Base Wing, July 12 at the Pearl Stable in San Antonio.

Presentations by Air

Force Brig. Gen. Leonard Patrick, commander, 502nd Air Base Wing, and Doyle Beneby, president and chief executive officer of CPS Energy, highlighted the affiliation between JBSA and CPS Energy with the goals of reducing energy consumption while increasing reliance on renewable resources.

Patrick said that a major factor in creating a sustainable military installation – new construction under

the 2005 Base Realignment and Closure law – is done with energy conservation in mind.

"Every facility that we're building on Fort Sam Houston, Lackland Air Force Base and Randolph is at least LEED certifiable Silver," he said.

The LEED certification system, developed and administered by the U.S.

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News Briefs

from P3

and Families will receive a school supply bag of goodies as well. For more information, call 270-7638.

Gas Line Installation

City Public Service will be constructing a gas line through Oct. 9. Construction will be off N. New Braunfels Road near the Quadrangle, proceed through the Infantry Post area and continue up to Building 4011. Call 221-1983 or 221-4277 for more information.

Pre-Command Course

This course for new first sergeants and company commanders will be held Aug. 2-5. The intent is to provide new company leadership a full understanding of 502nd Missions Support Group resources available to assist them during their time in command at Fort Sam Houston. Briefing will be given by various 502nd MSG organizations the first three days with a tour of training facilities at Camp Bullis the fourth day. Register by July 28. Call 295-9006.

Leadership Federal Executive Board

The Alamo Federal Executive Board is accepting applications for the Leadership Federal Executive Board program for 2011-2012. LFEB is a leadership program designed to identify and groom a cadre of federal leaders to understand and appreciate the working relationships between federal agencies in San Antonio. For more information, click on <http://www.sanantoniofeb.org>.

BAMC Security Carrying Tasers

Taser guns are now being carried by Brooke Army Medical Center security officers as another option for protecting patients and staff at BAMC. Every officer will have the training required by the Army Medical Command and state regulations in order to carry the Tasers, as well as having been exposed to the Taser on an individual basis. For more information, call the BAMC security office at 916-8663.

Trainees help out Missouri disaster victims over July 4th weekend

By Steve Elliott
FSH News Leader

Led by Air Force Chaplain (Maj.) Jeff Granger, 10 Air Force trainees, with 882nd Training Group, a majority of whom recently finished basic and were waiting for their classes to start at Fort Sam Houston, drove 575 miles to Joplin, Mo., June 30 and July 1 to provide tornado relief assistance.

"They were going to be stuck on the base for the Fourth of July weekend," Granger said in an interview with Elizabeth

Knighten which appeared in the Frisco (Texas) Enterprise. "And so I thought, what more motivated group of individuals would want to go to Joplin and do something meaningful for the Fourth of July weekend?"

Airman Corey J. Ankney, Airman 1st Class Joseph W. Bellew, Airman Micah A. Bergeron, Airman Allison P. Chicwak, Airman 1st Class Jeremy D. Cole, Airman Jennifer L. Lathrop, Airman Rachel M. McIntosh, Airman Jared D. Metcalfe, Airman 1st Class Kyle D. Williams, and Airman

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Photo By Steve Elliott

Command Chief Master Sgt. Juan Lewis of the 502nd Air Base Wing presents a coin to Airman 1st Class Kyle D. Williams in recognition of his volunteer work in Joplin, Mo. Williams and his fellow airmen were recognized in front of their classmates July 15.

Feds Feed Families Food Campaign helps local food banks

During the 2011 Feds Feed Families food drive campaign, Soldiers, Sailors, Airmen and Marines can help feed those in need.

The campaign runs through Aug. 31.

"This is the first time the federal agencies have come together as one team to support the drive," said Ellen Nelson, the executive director of the Alamo Federal Executive Board in San Antonio. "Federal employees will see marked bins in each of their buildings, where they can donate nonperishable food and daily-hygiene items. Our goal in San Antonio is to donate five pounds per federal employee."

The national food drive, coordinated by the U.S. Office of Personnel Management and the Chief Human Capital Council, encourages federal employees to help supplement food banks across the nation, including the San Antonio Food Bank.

The AFEB, which includes members from more than 50 federal agencies, is spearheading the San

Antonio drive.

The Feds Feed Families Food Campaign is a direct response to the "United We Serve Act," signed by President Obama in April 2009, calling on all Americans to contribute to the Nation's economic recovery by serving in their communities.

The U.S. Office of Personnel Management (OPM) and the Chief Human Capital Officers Council formed a partnership to launch this effort throughout Federal government to encourage Federal government employees to bring non-perishable food items to their offices or other designated drop sites for distribution to local food banks.

This is the third year for the campaign and the bar has been set for the largest collection ever.

Deputy Secretary of Defense, William J. Lynn helped launch the Department of Defense "Feds Feed Families" campaign May 26 with the goal to collect 733,800 pounds DOD-wide for distribution to food banks nationwide.

In the San Antonio area, Fort Sam Houston, Lackland Air Force Base, and Randolph AFB are all actively collecting food donations. Fort Sam Houston has donation boxes available at each squadron, at major mission partner facilities and at the commissary. Collected food items will be donated to the San Antonio Food Bank.

"We ask that everyone commit to bringing in food, and for leaders to make a statement of commitment to bring in food (example: a can a day for 30 days)," said Deborah Seabron, chief of the 502nd Mission Support Group's Commander's Action Group. "We encourage 'healthy' competitions with units, squadrons and other organizations. Installation can use resources such as posters and box labels from the Feds Feed Families website (<http://www.fedsfeedfamilies.gov>) to get the word out."

For more information, call 295-1098.

(Source: FFFF Campaign)

The most wanted items for the food drive are:

Canned fruits: in light syrup or its own juices;

Canned vegetables: preferably low sodium with no salt added;

Grains: brown and white rice, oatmeal, bulgar, quinoa, couscous, pasta, macaroni and cheese;

Soups: beef stew, chili, chicken noodle, turkey and rice;

Condiments: tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing, oils;

Multigrain cereal: oat cereals, corn flakes, kashi, raisin bran, etc.;

Canned/jarred proteins: tuna, salmon, chicken, peanut butter, beans;

100 percent fruit/vegetable juices: all sizes, including juice boxes;

Paper products and household items: paper towels, napkins, cleaning supplies;

Snacks: individually packed snacks, crackers, trail mix, dried fruit, granola/cereal bars, pretzels, sandwich crackers;

Hygiene items: diapers, deodorants for men and women, feminine products, toilet paper, tissues, soap, toothpaste, shampoo.

Six win \$1,500 from Scholarships for Military Children

Six local high school students were awarded scholarships of \$1,500 each from the Scholarships for Military Children program at the Fort Sam Houston Commissary July 11.

The recipients for the Fort Sam Houston Commissary were David Blackwell, Daniel Chacko, Sharon Finn, Megan Renz, Catherine Stillwell and James Sullivan.

Scholarships for Military Children is funded by the vendors and manufacturers who supply groceries at military commissaries.

The program is administered by the Fisher House Foundation, which operates a network of comfort houses located near military

medical centers, providing a "home away from home" for the families of hospital patients in crisis.

Each year the scholarships are open to qualified sons and daughters of U.S. military ID card holders, to include Active Duty, retirees, and Guard and Reserve members.

Graduating high school seniors, as well as students currently enrolled in a four-year program, are eligible to apply.

A minimum of a 3.0 grade point average and demonstration of community involvement are among the requirements for consideration.

This year applicants submitted an essay on this topic: "Our nation has a goal of improving health and wellness.



Photo by Steve Elliott

Local high school students and parents of students who couldn't attend the ceremony pose with their award certificates July 11 at the Fort Sam Houston Commissary.

What are your ideas, and more importantly, how do you propose to put these ideas into

action in your local community."

The independent scholarship manage-

ment company determined awards based on the overall application, including grades, com-

munity involvement and other factors.

(Source: FSH Commissary)

Off the blocks, on to state meet: FSH swimmers excited to compete

By Deyanira Romo Rossell
502nd FSS Marketing

Fort Sam Houston swimmers are off to state competition at the end of the month. The 26-member swim team competed in the Region XV City Championship Swim Meet at the San Antonio Natatorium July 16 and brought home gold and silver.

Ten of the swimmers will compete in the Texas Amateur Athletic Federation state swim meet at the Waco Water Park July 28

to 31. Four swimmers will compete in more than one event.

"The younger children have only been swimming for two months, so they were very excited about how well they competed in such a large meet," said Fort Sam Houston Swim Team Coach, Ignacio Flores.

Brice Hollis will represent Fort Sam Houston at the national meet in San Diego, Calif. in August. For more information on the gym or swim team, call 221-1234.



Photo by Deyanira Romo Rossell

Thirteen-year-old Brice Hollis practices the Butterfly at the Jimmy Brought Fitness Center. The hard work earned him three gold medals in regional competition.

State Qualifiers:

Brice Hollis

11-12 Age Group

First place 100-Yard Freestyle

First place 50-Yard Freestyle

First place 50-Yard Butterfly

Daniel Salazar

15-16 Age Group

Second place 50-Yard Breaststroke

Michaela Wages

11-12 Age Group

Second place 50-Yard Freestyle

Jameelah McGuire

8 and Under Age Group

Second place 25-Yard Freestyle

Christian Walters

9-10 Age Group

First place 25-Yard Freestyle

First place 100-Yard Individual Medley

First place 25-Yard Breaststroke

Marina Orta

9-10 Age Group

First place 100-Yard Individual Medley

First place 50-Yard Freestyle

First place 25-Yard Butterfly

Jediah Hollis

8 and under Age Group

First place 25-Yard Individual Medley

First place-25-Yard Butterfly

First place 50-Yard Freestyle

Yesleen Whispell

13-14 Age Group

Second place 50-Yard Breaststroke

Angelina Martinez

Age 9-10

Second place 25-Yard Backstroke

Marissa Griffith

13-14 Age Group

First place 50-Yard Breaststroke

Mioshi Collazo

15-17 Age Group

Second place 50-Yard Breaststroke

SERGEANT MAJOR OF THE ARMY RECOGNIZES MEPS EMPLOYEE



Courtesy photo

Jacqueline Thomason-Shand, Lead Human Resource Technician at the San Antonio Military Entrance Processing Station on Fort Sam Houston, receives a coin from Sergeant Major of the Army Raymond F. Chandler III in recognition for being the San Antonio MEPS Civilian of the School Year for 2011. Thomason-Shand received the coin July 8 for her outstanding customer service and job performance. While at the MEPS, Chandler also watched the new enlistee's ceremony, took his biometrics data with a new system that the MEPS use to verified the person identification.

Volunteers give back to their community

By Esther Garcia
AMEDDC&S Public Affairs Office

Members of the Alamo Chapter Silver Caduceus Society, family members, other military organizations from Fort Sam Houston and Air Force personnel met at the San Antonio Food Bank warehouse on Old Highway 90 West July 15 to pack boxes of food for distribution to families in need.

Forming an assembly line, volunteers performed specific tasks such as getting the boxes ready to pack, sorting through the large amounts of cans and dry goods to be packed in each box, and sealing the boxes.

Volunteers put together 325 boxes, 50 pounds each. Each box

feeds a balanced meal to a family of five for one week. According to the San Antonio Food Bank, 58,000 people each week receive emergency food assistance from an agency in their network.

Twenty five boxes were placed on a pallet. Using a forklift, the pallets were then moved and unloaded to a different location in the warehouse.

Col. John Fristoe, G3/57, Army Medical Department Center & School, who became the expert forklift operator, said, "This is my first time using a forklift, but it's fun."

Maj. David Parker, executive officer, Brooke Army Medical Center, brought his 8-year-old son, David to volunteer. "It feels great doing



Photos by Esther Garcia

Col. William LaChance, Alamo Chapter Silver Caduceus Society member and commander, 32nd Medical brigade, and his wife, Candace, box food items at the San Antonio Food Bank warehouse July 15. "It's very rewarding (volunteering) and we have fun," said Candace, who also brought along their two daughters to help.

good for other people and it is good (for my son) to see that people don't just go to HEB to buy food.

Eight-year-old Conner Underwood, son of Capt. Kevin Underwood, U.S. Army Medical Information Technology Center,

said as he was selecting items from large bins to be placed in boxes, "I think about how the people will react when

they open the boxes, so I pick the healthy things first."

See VOLUNTEERS, P18

Urgent care center replaces Wilford Hall ER



Photo by Staff Sgt. Josie Walck

Senior Airman Brittany Prichett takes Airman 1st Class Ronald Frost's blood pressure July 12 in the new Urgent Care Center at Wilford Hall Medical Center at Lackland Air Force Base. The UCC replaced the Wilford Hall emergency room which closed July 1. The UCC treats acute minor illnesses and injuries and is not equipped or staffed to handle serious cases. Patients with more severe issues should seek emergency medical care at Brooke Army Medical Center on Fort Sam Houston or at the nearest emergency room.

By Staff Sgt. Josie Walck
59th Medical Wing Public Affairs

The Wilford Hall emergency department closed on July 1 and a new Urgent Care Center, or UCC, is now in operation 24 hours a day, 7 days a week in the ED's old location.

"Our primary goal is to provide medical care to Lackland's basic military trainees and technical school students. However, we are also staffed to provide care to patients, over 2 years old, who need treatment for acute minor illnesses or injuries," said Maj. Erika Hooper, UCC Flight commander.

Hooper is quick to define minor illnesses and injuries.

"Colds, flu, animal bites, rashes, and sprained ankles are the types of cases we are equipped to handle," Hooper said. "Anyone who needs emergency assistance should

go to Brooke Army Medical Center or the nearest emergency department."

Wilford Hall has launched an aggressive publicity campaign to help patients understand the UCC's limitations and the importance of seeking emergency care at a facility equipped to handle their medical needs.

"We have conducted TV and radio broadcasts, published newspaper articles, put up posters and distributed pamphlets," Hooper said. "It's vital that people with chest pains and stroke symptoms, or those who have suffered a serious trauma not come here because it will just delay their care."

The 2005 Base Realignment and Closure law directed that all inpatient care at Wilford Hall must move to BAMC by Sept. 15, 2011.

"Patients need to under-

stand that we have been moving staff and services to BAMC for months," said Lt. Col. (Dr.) Patrick Muehlberger, 59th Emergency Medical Squadron commander. "We no longer have the ability to perform the life-saving procedures Wilford Hall patients have come to expect."

"Our cardio catheterization lab has moved to BAMC and experienced surgeons are not available 24/7 here anymore," Muehlberger added. "Wilford Hall is almost finished transitioning into an ambulatory surgical center and it's potentially dangerous for patients with serious illnesses and injuries to ignore that fact."

Patients are urged to call the UCC at 292-7331 for more information, especially if there is uncertainty about which facility can best handle their medical needs.

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Sheniqua M. Williams participated.

“We worked with Mission Joplin, which coordinates teams of volunteers to provide assistance to families who have requested help through AmeriCorps.” Granger said after their return to Fort Sam Houston. “From July 2-4, we helped to gut one house destroyed by water damage after it lost its roof; we removed debris from a family’s

backyard; we helped demolish one house; and we took down three large trees damaged by the tornado.”

“What really made it an adventure was that on July 1, on the way up to Joplin, our van broke down in Adair, Okla., and we were stuck without transportation,” Granger related. “Someone from Adair First Baptist Church heard of our need and arranged for us to use their church van the entire weekend until our van

was repaired.

“The town was very generous to us and wanted to serve the Airmen who are serving our country. It’s very encouraging that as we went to help others in their time of need, that the community of Adair provided for us in our time of need.”

Bergeron said he first learned about the news of the tornado in Joplin while in basic training.

“I immediately thought of my sister because she’s relatively close – she lives in St. Roberts, Mo.,” Bergeron said. “I thought of my sister and I figured if it

was her, I’d want to help her.”

Bergeron said when he finished basic training and arrived at Fort Sam Houston, he heard that a group of volunteers was going to help tornado victims.

“I heard they were heading out a small group for disaster relief, and I kind of wanted to get in on that and get my opportunity to help others,” Bergeron said in the Frisco newspaper.

Cole said he felt the social responsibility that comes with wearing a military uniform.

“I think you almost feel when you wear this

uniform, even though you’re not obligated to, you feel that you have a sense of duty and that you want to help people,” Cole said.

Cole, who has performed missionary work for orphans in Cambodia, said felt the desire to help victims rebuild their lives.

“When you see something like this happen, you know the people are losing their homes.

A lot of people have lost everything because of this,” Cole said. “You can’t give it back to them, but you want to help them pick up the pieces of what happened and help them put it back together.”

(Editor’s note: portions of this article appeared in a July 8 story in the Frisco (Texas) Enterprise in by Elizabeth Knighten)



Photo by Chaplain (Maj.) Jeff Granger

Airmen Micah A. Bergeron and Airman 1st Class Kyle Williams clear out debris left from a tornado that ripped through the Joplin, Mo., area recently.

FBI warns of extortion scam related to delinquent payday loans

The Federal Bureau of Investigation's Internet Crime Complaint Center has received many complaints from victims of payday loan telephone collection scams.

Callers claim the victim is delinquent in a payday loan and must repay the loan to avoid legal consequences.

The callers purport to be representatives of the FBI, Federal Legislative Department, various law firms or other legitimate-sounding agencies.

They claim to be collecting debts for companies such as United Cash Advance, U.S. Cash Advance, U.S. Cash Net, and other Internet check-cashing services.

According to complaints received from the public, the callers have accurate data about victims, including Social Security numbers, dates of birth, addresses, employer information, bank account numbers, and the names and telephone numbers of relatives and friends.

How the fraudsters obtained the personal information varies, but in some cases victims have reported they completed online applications for other loans or credit cards before the calls started.

The fraudsters relentlessly call the victim's home, cell phone, and place of employment. They refuse to provide any

details about the alleged payday loans and become abusive when questioned.

The callers have threatened victims with legal actions, arrests, and, in some cases, physical violence if they do not pay. In many cases, the callers harass victims' relatives, friends and employers.

Some fraudsters have instructed victims to fax a statement agreeing to pay a certain amount, on a specific date, via a pre-paid Visa card. The statement further declares the victim will never dispute the debt.

If you receive these calls, do not follow the caller's instructions. Rather, you should:

- Notify your banking

institutions.

- Contact the three major credit bureaus and request an alert be put on your file.

- Contact your local law enforcement agencies if you feel you are in immediate danger.

- File a complaint at <http://www.IC3.gov>.

Tips to avoid becoming a victim of this scam:

- Never give your Social Security number – or personal information of any kind – over the telephone or online unless you initiate the contact.

- Be suspicious of any email with urgent requests for personal financial information. The email may include upsetting or exciting but false statements to

get you to react immediately.

- Avoid filling out forms in email messages that request personal information.

- Ensure that your browser is up-to-date and security patches have been applied.

- Check your bank, credit, and debit card statements regularly to make sure that there are no unauthorized transactions. If anything looks suspicious, contact your bank and all card issuers.

- When you contact companies, use numbers provided on the back of cards or statements.

(Source: Federal Bureau of Investigation)

Thought of the Week

What is a man if he is not a thief who openly charges as much as he can for the goods he sells?

— Mahatma Gandhi



**Have feedback
for a post customer
service provider?**

<http://ice.disa.mil>

14th MI Battalion Soldiers take on Steel Challenge

By Gregory Rippes

470th MI Brigade Public Affairs

Twenty-one Soldiers from the 14th Military Intelligence Battalion pushed their bodies to their limits July 7 with a regimen that concluded with a timed, six-mile foot march through Fort Sam Houston.

They were taking on their battalion's Steel Challenge, in which Soldiers strive to earn the most points in each of nine categories of intense physical activity.

The Steel Challenge has become a regular event for the battalion since it returned from Afghanistan last year, but this was the last one before the unit expects to deploy to Afghanistan again in the near future.

The challenge began outdoors before sunrise with push-ups, sit-ups, a run, pull-ups, chin-ups and dips. Then the challenge moved inside the Jimmy Brought Fitness Center for bench-pressing and leg-pressing a percentage of body weight.

The final event was the foot march – really more of a run – with a 35-pound rucksack from the center to Salado Park

while late-morning temperatures were already soaring to sweltering.

"It's hot out there," said Lt. Col. Kris Arnold, 14th MI Battalion commander. "There's no shade for the last half of the course. And they had live fire (training) yesterday (on Camp Bullis)."

Nevertheless, the course didn't keep Capt. Matthew Barry from leaving the other foot-march competitors in the dust. He finished in one hour, 56 seconds.

"It was a good route," he said. "The hills were gradual, and down hills give you a break."

His advice for excelling? "Run, keep in shape, and drink a lot of water," he said.

Barry, along with 2nd Lt. Jesse Turner, Sgt. 1st Class Phillip Beasley and Sgt. 1st Class Rodney Scott, attained

the Silver level, and eight Soldiers attained the Bronze level. Each of them received a Steel Challenge T-shirt, a patch and a challenge coin during a formation after all contestants finished. Every contestant received a certificate of appreciation.

"If you completed the Steel Challenge, you are a success in my book," said Arnold, who reminded his Soldiers that the battalion would continue to have Steel Challenges in Afghanistan.

Col. Pierre Gervais, 470th MI Brigade commander, emphasized the importance of physical conditioning in preparation for the deployment. He recalled a quote: "We sweat in peace so we don't bleed in war."

"Physical conditioning will only make you better," said Gervais.



A spotter monitors a competing Soldier while he bench-presses his weight for points in the 14th Military Intelligence Battalion Steel Challenge July 7. Twenty-one participants pressed iron in the Jimmy Brought Fitness Center between performing the Army Physical Training test and enduring the foot march portions of the challenge.



A 14th Military Intelligence Battalion Soldier checks his 35-pound rucksack before strapping it on. He joined 20 other Soldiers in competing in the battalion's Steel Challenge on Fort Sam Houston July 7.



Photos by Gregory Rippes

Capt. Matthew Barry nears the finish line of the Steel Challenge road march. He completed the six-mile course with a 35-pound rucksack on his back in just over an hour.



Two Soldiers from the 14th Military Intelligence Battalion slow down to a rapid pace for this portion of the Steel Challenge road march. Another contestant closes in on them from behind.



A monitor watches a competing Soldier perform his personal best during the leg press portion of the 14th Military Intelligence Battalion Steel Challenge. Participants had to leg press a percentage of their body weight to earn points.

4th ESC gives back to San Antonio over July 4 weekend

By Capt. Ruth Castro
4th ESC Public Affairs

In honor of the Fourth of July holiday, several Soldiers from the 4th Sustainment Command (Expeditionary) volunteered time to visit patients in several nursing and rehabilitation homes throughout San Antonio July 1.

Many of the residents were older and living or medically directed to stay in these facilities. Soldiers visited with the residents and offered their thanks to those identified as veterans and wished everyone a happy Fourth of July.

Spc. Christopher Galvan, a 4th ESC chaplain's assistant, works with different nursing and rehabilitation centers as a civilian.

"I've wanted to do this for a while," Galvan said. "I kept thinking of how I could give back. By visiting these individuals who might not otherwise have anyone visiting them is

good will."

Galvan is the director of community relations for A-Med Home Health and Hospice. A-Med donated American flags, so the Soldiers of the 4th ESC could give them to the residents they met.

"It was a true sense of gratification knowing that we were able to brighten their day and put a smile on their face," Galvan said.

The centers that were visited included the Heights on Huebner, Huebner Creek Nursing and Rehabilitation, Legend Oaks Nursing and Rehabilitation, Regent Care Oakwell Farms, Alamo Heights Health and Rehabilitation and Kirkwood Manor, located in New Braunfels.

The staff of the facilities expressed their appreciation to the Soldiers for volunteering their time. Many of the residents showed their gratitude by shedding tears and others by sharing stories from their



Sgt. Migdalia Miranda presents Army veteran Roberto Olvera with her 4th ESC unit patch. Olvera became very emotional after seeing the Soldiers enter his room at The Heights on Huebner July 1, and especially after being given an American flag and unit patch.



(From left) Spc. Christopher Galvan and Sgt. Christopher Garcia interact with residents of The Heights on Huebner during breakfast July 1. The 4th ESC Soldiers offered their thanks to the veterans and wished everyone a happy Fourth of July.

Photos by Capt. Ruth Castro

time in service.

The 4th ESC considered it an honor to offer thanks to those veterans that have served in the past. Without their sacrifice and the support

of their families and loved ones, the Soldiers and other military service members of today could not do what they do.

It was very emotional for

both the residents and the Soldiers and there was no mistake that the presence of the Soldiers was greatly appreciated.



Members of the 4th Sustainment Command (Expeditionary) pose with veterans Francisco Guevara and Julian Ramos at Legend Oaks Nursing and Rehabilitation July 1.

PERRY from P1

back from service are very valued and all too often untapped by our communities and by our labor force. College Credit for Heroes will help them graduate more quickly so they can put those skills to practical use back home, saving them money on tuition.”

Perry explained the most important reason for this law is that it helps colleges save resources by not spending extra time teaching military students subjects in which they already have extensive training and experience.

“Governor Perry is a staunch Republican and I am a very loud and proud Democrat,” said Sen. Leticia Van de Putte, the bill’s chief sponsor, who was also at the ceremony. “But when it comes to veter-

ans affairs, we worked hand-in-hand.”

In conjunction with the legislation and in partnership with the Texas Workforce Commission, METC recently signed a memorandum of understanding with the University of the Incarnate Word – the METC Educational Partnership Program – putting into place road maps to help military students plan their degrees in various disciplines during their military training.

The agreement with UIW will also give military instructors, with masters degrees, opportunities to teach as adjunct faculty at the university and open the way for UIW courses to be taught at METC.

“We will have active duty and civilians side by side in the classroom sharing experiences and



Photo by L.A. Shively

Gov. Rick Perry meets several combat medics from the Army National Guard after the signing ceremony.

training,” said Lt. Cmdr. Mitch Seal, action officer for METC. “Plus we’ll share ideas. The more you know each other, the better you can deliver care. It raises everyone’s

game.”

Seal said METC programs are being evaluated course by course and program by program, comparing military curricula with civilian counterparts in each of the schools in the College Credit for Heroes program.

He said that in many cases the military programs are driving the objectives of the civilian professions, and used the independent pharmacy technician as an example.

The advanced training the pharmacy technician receives for work under combat conditions overseas allows that person to work in remote locations at home, such as with the Indian Health Service on reservations.

The pharmacy technician program is part

of a joint venture with the Department of Defense Veterans Affairs initiative.

“We worked together to produce computer-based training that we currently use in the curriculum for the pharm techs that they’re also piloting out in the civilian sector as well,” Seal said.

Seal explained that the long range goal is to duplicate the pharmacy technician training model with other disciplines.

“As long as we have good educational design, and professional educators monitoring that process, it’s achievable,” Seal said. “We’ve always had external accreditation agencies across the spectrum of military groups but now we’re organizing that and awarding degrees.”

Seal speculates that with this program and after one tour, an enlisted service member could return to the civilian sector with a master’s degree in an Allied Health field.

“With this legislation we are able to give our veterans and service members greater opportunities for successful transitions to civilian life,” said TWC Commissioner Ronny Congleton.

“It allows more flexibility for those in the medical field, making the transition from the military into civilian life a little bit easier as far as your career goes,” agreed Sgt. 1st Class Jose Castaneda-Rios, a combat medic with the 71st Battlefield Surveillance Brigade, Army National Guard.

Born in Mexico, Castaneda came north, joined the Army and then became a U.S. citizen in 2005 after deploying to Iraq. He has served in places such as Egypt, Korea, and Afghanistan treating service members and civilians, including children.

He said that prior to this law, his military skills would only allow him to classify as a civilian emergency medical technician, whereas his training encompasses far more expertise in the field. This law will make a big difference for him he said. “It will make for a better life for me and my family.”

UT ROTC CADET TRAINS AT BAMC



Photo by Rick Anzaldua

ROTC Cadet Justin Savino reviews the intravenous fluid bag of a patient next to the Continuous Renal Replacement Therapy machine in the Burn Unit. He is doing his clinical rotation with the burn unit through the ROTC Nurse Summer Training Program. Savino attends the University of Texas at Austin in the ROTC Nursing program and is here at Brooke Army Medical Center for his clinical rotation through the Nurse Summer Training Program. The three-week paid NSTP introduces cadets to the Army Medical Department and to the roles and responsibilities of an Army Nurse Corps Officer. Under the supervision of an experienced Army Nurse Corps Officer, they obtain hands-on experience during one-on-one clinical skills, develop problem-solving techniques and become comfortable with developing their professional skills as a member of the U.S. Army Healthcare Team. "We have about 10 college Nursing ROTC cadets that are doing their Cadet Troop Leader Training rotations at BAMC. These officers are the future of AMEDD," said Col. Noel Cardenas, BAMC deputy commander for Administration. Savino is expected to graduate in December 2012 and plans to join the Army National Guard as a nurse practitioner.

VOLUNTEERS from P10

Heather Guzman, donor engagement coordinator with the food bank, said, "This group did very good, we normally get done 6 pallets of 25 boxes each, but today the volunteers completed 13 pallets."

Guzman said the food bank doesn't just give out food, we also assist families with information about other government services and where to go for job listings. We help them get started."

Col. William LaChance, commander, 32nd Medical Brigade,

and his family are not new to volunteering at the food bank. "We've done it before. It is well beyond rewarding and blows my mind how much the San Antonio Food Bank does for San Antonio." The family has also volunteered in the community garden planting corn and weeding.

LaChance, who coordinated the volunteer project with the food bank, said the Silver Caduceus Society selects at least one project every quarter. The society consists of medical service officers and provides an

opportunity to conduct professional and personal development programs, mentorship opportunities and social interaction between officers.

The San Antonio Food Bank has a list of summer volunteer opportunities that include working in a community kitchen at Haven for Hope, a community garden, a summer feeding program, and at the warehouse, sorting and packing items. For information about volunteer opportunities, call 431-8303.



Photo by Esther Garcia

(From left) Caroline, Katherine and Candace LaChance, Megan Smith and Conner Underwood, are having fun but working hard separating canned and dry goods from a large deep plastic bin in preparation for boxing at the San Antonio Food Bank warehouse July 15. Katherine said, "It is fun, but I am sore."

JBSA from P3

Green Building Council, a Washington D.C.-based nonprofit, offers four levels for new construction projects: Certified, Silver, Gold and Platinum.

Each level corresponds to credits accrued in five "green design" categories such as sustainable sites, water efficiency, energy and atmosphere, materials and resources and indoor environmental quality as measured by a third party.

The idea behind LEED certification is to provide better ventilation, manage indoor energy consumption through temperature and lighting control, while also reducing indoor air pollution.

Building green is only half of the equation Patrick said. People are the ultimate solution to a sustainable future.

"It's a holistic ap-

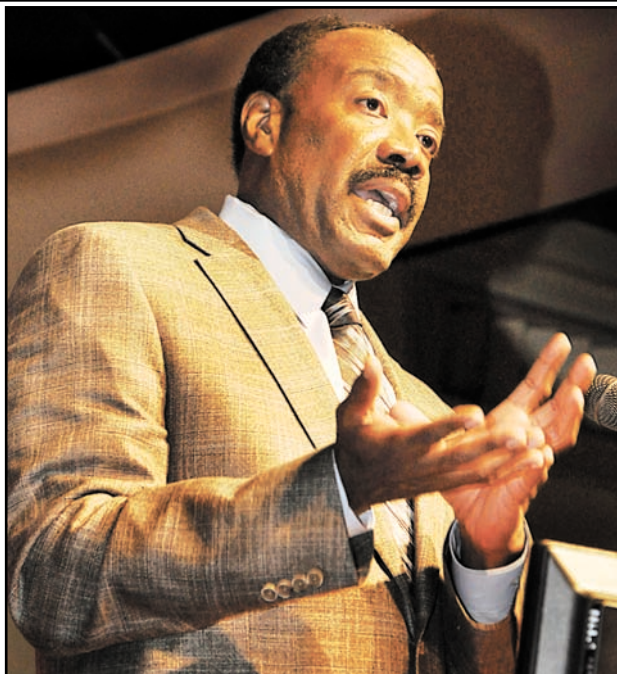


Photo by L.A. Shively

Doyle Beneby, president and chief executive officer of CPS Energy, speaks at the workshop.

proach. We can do that by creating a culture that understands how to conserve and look for ways to do it," Patrick explained, adding that

every Airman, Soldier, Sailor and Marine is responsible, and that it is working at JBSA.

"When you look at the amount of water con-

sumption our installations have used over the last couple of years, as opposed to the executive order, it was going in the wrong direction. We turned the corner this year – in a drought," Patrick said.

"If you look at the amount of electrical reduction we're supposed to have, on intensity with the number of buildings we've torn down and square footage, we've turned the corner," Patrick said, "but we've got to be better."

The general explained that using smart technology to monitor and control water and electrical systems and usage was the right approach to further reduce usage and provide troubleshooting tools.

"I don't want to lose millions of gallons of potable water down the storm sewer because I have a water break and

don't know about it." Patrick said that situation occurred at Randolph while he served as the base engineer.

"Why do we force the human to do something technology can do for us?" Patrick asked workshop attendees. "Hooking up facilities to monitor and control systems so that at night, if a set point is wrong, it can be remotely changed," Patrick emphasized.

Last year Patrick and his teams crafted a strategic energy management plan and he challenged area businesses to collaborate.

CPS Energy stepped up to the plate providing rebates that allowed JBSA to embark upon sustainable energy projects such as the smart technology in several buildings on Fort Sam Houston. With

smart technology, lights extinguish when people leave a room or with inactivity.

"We're in a very aggressive course to change our fleet and transform San Antonio in a way that creates economic development opportunities and educational opportunities," Doyle said, with the goal to make San Antonio the hub of the new energy economy through partnerships with the military and with business.

"Military installations focused on using sustainable energy have national security implications," Doyle explained.

"We want to be good neighbors to the city, and protect our energy resources for our future generations," Patrick said. "It's about being energy independent from the rest of the world."

LOCAL COMMITTEE CONTINUES SUPPORT IN RECRUITING EFFORTS

Col. George Sarabia, then 5th Recruiting Brigade commander, recognizes members of the San Antonio Community Action committee during a luncheon June 30 at the Plaza Club, Frost Bank, for their support of the Army's recruiting mission. The SACA is comprised of business and civic leaders from the community who share their time, talent and resources in assisting local recruiters in their recruiting efforts. SACAC members act as advocates for the San Antonio Recruiting Battalion supporting its recruiting mission. The SACA is divided into four sub committees providing support in the areas of education,

community relations, military/business, and sports/physical fitness. Sarabia said the San Antonio Recruiting Battalion encompasses 65,758 square miles with 41 recruiting offices serving 291 high schools, 32 two-year colleges and 26 four-year colleges. During the luncheon, Sarabia was recognized for his leadership with a small gift. The incoming commander for the brigade was introduced, Lt. Col. David Grant. Sarabia presented a certification of appreciation to leaders of the four SACA sub committees. Pictured from left is Sarabia; Richard Kleberg III, Military/Business; Dr. Cyndi Porter, Education; Katie Krause and Bill Gerlt, Sports; Marty Bartlett, Military/Business; and chairman of the SACA committee, Olin Brewster. Not pictured is Janice Ricks, Community Relations.



Photo by Esther Garcia

Rocco Dining Facility Menu **Building 2745, Schofield Road**

*Dining Room Breakfast Hours:
Monday-Friday, 6:15-8:15 a.m.;
weekends and holidays, 8-9:30
a.m.*

Friday – July 22

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of mushroom soup, baked ham, roast beef, spaghetti with meat sauce, spaghetti with marinara sauce, oven-fried fish, scalloped potatoes, rice pilaf, seasoned broccoli, peas and carrots, fried cabbage

Dinner – 5 to 7 p.m.

Savory baked chicken, Swiss steaks, baked tuna and noodles, eggplant parmesan, Kansas medley rice blend, mashed potatoes, okra and tomato gumbo, California blend

Saturday – July 23

Lunch – noon to 1:30 p.m.

Beef rice soup, cream of potato soup, baked turkey patties, lemon pepper baked fish, barbecued beef cubes, cheese tortellini, Lyonnaised potatoes, orzo with lemon and herbs, green beans, honey Dijon vegetables

Dinner – 5 to 6:30 p.m.

Buffalo chicken, gyros, pepper steak, sweet potatoes, black beans and corn, oven browned potatoes, caviar medley rice blend, spinach, glazed carrots

Sunday – July 24

Lunch – noon to 1:30 p.m.

Chicken noodle soup, corn chowder soup, chicken parmesan, beef teriyaki, grilled pork chops,

broccoli-rice and cheese, steamed rice, O'Brien potatoes, vegetable stir fry, lima beans

Dinner – 5 to 6:30 p.m.

Roast turkey, veal parmesan, cheese tortellini, hamburgers, cheeseburgers, grilled chicken sandwiches, grilled cheese sandwiches, vegetarian burgers, baked potatoes, sautéed mushroom and onions, broccoli, mixed vegetables, French fries

Monday – July 25

Lunch – 11 a.m. to 1 p.m.

Creole soup, cream of mushroom soup, meat loaf, cranberry glazed chicken breasts, Italian rice and beef, Italian broccoli pasta, parmesan baked fish, Lyonnaised potatoes, rice pilaf, collard greens, cauliflower, Louisiana-style smothered squash

Dinner – 5 to 7 p.m.

Roast turkey, meatball stroganoff, baked stuffed pollock, vegetable lasagna, parsleyed egg noodles, cornbread dressing, mashed potatoes, stewed tomatoes, herbed broccoli, green peas

Tuesday – July 26

Lunch – 11 a.m. to 1 p.m.

Old fashioned bean soup, potato chowder soup, roast pork tenderloin, chili macaroni, shrimp jambalaya, cheese ravioli, Italian roasted potato wedges, wild rice, wild Mexican rice, California blend, pinto beans, Louisiana-style smothered squash

Dinner – 5 to 7 p.m.

Pepper steak, honey ginger chicken breasts, pork chops

Mexicana, whole wheat cheese pizzas, mashed potatoes, steamed rice, rice pilaf, Brussels sprouts parmesan, corn O'Brien, carrots

Wednesday – July 27

Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of tomato soup, beef stir fry, oven baked fried chicken, lemon baked fish, breaded pork fritters, pasta primavera, mashed potatoes, steamed rice, steamed broccoli combo, fried cabbage

Dinner – 5 to 7 p.m.

Cantonese spareribs, baked catfish fillets, chicken tetrazzini, grilled chicken breasts with mushrooms and onions, Japanese vegetable stir fry, mashed sweet potatoes, fried rice, seasoned mixed vegetables, tangy spinach, green beans, steamed rice

Thursday- July 28

Lunch – 11 a.m. to 1 p.m.

Asian stir fry soup, cream of chicken soup, baked turkey and noodles, Salisbury steaks, sweet and sour pork, baked chicken fried steaks, vegetable curry with rice, baked redskin potatoes, steamed rice, fried rice, carrots, Brussels sprouts, vegetable stir fry

Dinner – 5 to 7 p.m.

Fish amandine, beef lasagna, baked Rock Cornish hens, vegetable lasagna, orzo with spinach, tomato and onion, mashed potatoes, green bean combo, Chinese fried cabbage

*Menus are subject to change
without notice.*



Announcements

Defend Your Heart Research Study

The Center for Nutrition Research is conducting a process evaluation of a web-based nutrition education program to reduce cardiovascular disease risk among DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200 mg/dL and elevated LDL above 100 mg/dL, currently not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile. Call 221-6274 or 719-310-6708 for information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who

are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

Calendar of Events

July 28

Korean War Veterans Anniversary

The Korean American Association of San Antonio is planning a 61st anniversary appreciation event beginning at 5:30 p.m. at the FSH Golf Club for Korean War veterans who served in the Korean Theater of Operations from June 1950-October 1954. Call 481-3047 or 651-5786 for information.

Aug. 6

BAMC Auxiliary Incoming Spouses Orientation

The Brooke Army Medical Center Auxiliary presents Incoming Spouses Orientation from 9:30 a.m. to 2:30 p.m. Meet people who share the same background, tour BAMC/Center for Intrepid/Fisher Houses/Wounded Family Support Center, receive information about San Antonio life and resources offered at Fort Sam Houston and learn about the programs and services offered by the BAMC Auxiliary. Limited seating. RSVP to programs@bamcauxiliary.org or 290-9167 by July 31.

REMINDER CALENDAR

- July 21** Public Health Command Region-South Change of Command, 8 a.m., FSH Flagpole
- July 22** Veterinary Command Inactivation, 8 a.m., FSH Flagpole
- July 22** Outdoor Movie Night, "Battle: Los Angeles," 8:30 p.m., FSH Flagpole
- July 23** Outdoor Movie Night, "Yogi Bear," 8:30 p.m., Dodd Field
- July 26** Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club
- July 28** Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle
- July 29** U.S. Army Medical Department Regimental Social, 5 p.m., AMEDD Museum

Force Support Squadron

Family & MWR

Announcements

SKIESUnlimited Soccer

A soccer clinic will be held Aug. 1-5 from 9 a.m.-noon for children ages 6-18 years old. The cost is \$150. Wee Soccer will be held Aug. 12, 19, 26 and Sept. 2 from 9-10 a.m. for children ages 4-5. The cost is \$20 per child. Call 221-3381 or 771-2148 for information.

Before and After School Care

Registration is underway at Parent Central, 2010 Stanley Road, Building 2797. Call 221-4871 for information.

HIRED! Program

Now accepting applications through Sept. 12 for children 15-18 years old. Call 221-3164 for information.

Driver's Education Course

Classes for children ages 14-18 are Monday-Friday, until Aug. 8 from 5 -7 p.m. at Family Childcare, Modular 1630-A, Sultan Road. Register at Army Community Service, Building 2797,

2010 Stanley Road. Students must provide a verification of enrollment form from their school. Call 221-4871.

Junior Golf Clinic

Register now for junior golf clinic held 9-11 a.m., Aug. 8-12 at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

Learn to Swim

Register children 6 months to 16 years old for swimming lessons. Cost is \$40 per child. Call 221-1234.

Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

Camp Bullis Archery Permit

Purchase an archery permit and enter the area selection drawing to hunt Aug. 6 at 9 a.m. at the Camp Bullis Outdoor Recreation Center. Active duty, retired, Reserve, National Guard, DOD civilian, and disabled veterans with DOD ID cards must have a valid Texas hunting license and a hunter education card to purchase an archery permit. For more information and to scout archery areas check in at the Camp Bullis Outdoor Recreation Center from 8 a.m.-3:30 p.m. or call 295-7529/7577.

Harlequin Dinner Theatre

"Let's Twist Again" runs Thursday to Saturday through Aug. 13 at the Harlequin Dinner Theatre. Dinner served at 6:30 p.m. with an 8 p.m. curtain. Call 222-9694.

Operating Rising Star

Contestants can enter this singing contest for U.S. Military personnel and Family members by Aug. 12. Contest is at 7 p.m. Aug. 18 at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Call 224-7250 for more information.

Evening Zumba Classes

Classes are held at 5 p.m.

Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 313-8727 for information.

Microsoft Office Classes

July 21 – Word Level 3
July 26 – Access Level 1
July 27 – Excel Level 3
July 28 – Access Level 2
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Men and Women's Intramural Sports

Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

Bowling Specials

Specials include Wednesday nights, all you can bowl from 5-9 p.m. for \$20. AIT students can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center, Building 2521 Schofield Road. Call 221-3683.

Hot Dogs and Hamburgers at the Club

Tuesday- Friday from 11 a.m.-1 p.m., purchase a hot dog or hamburger, chips and soda for \$3.25 at the Sam Houston Club, Building 1395, Chaffee Road. Call 224-2723.

Catfish Pond at Camp Bullis

Camp Bullis has opened the pay-as-you-go catfish pond. Catfish are \$2 per pound (live weight). No fishing license required. Pole rental is \$1. Call 295-7577.

Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

Calendar of Events

July 21

Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

ScreamFree Parenting

Classes are July 21 and 28 from 11:30 a.m.-1:30 p.m. at the Red Cross, Building 2650. For more information, call 221-0349/2055.

BOSS Laser Tag

All MWR Patrons and Families are invited to Laser Quest of San Antonio, 6420 NW Loop 410. Cost is \$5 per person. Call 221-4242 for information.

July 23-24

3D Archery Shoot

The event is July 23-24 from 8 a.m.-1 p.m. at Camp Bullis. Cost is \$15-16/competitive and \$10/non-competitive. Call 295-7577 for information.

July 25

Unit Trauma

The class is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946 or email samh.acs.mob.deploy@conus.army.mil.

Making Your Money Work 4 You

The class is 2-4 p.m. at the



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8:00 a.m. - Collective Protestant

11:00 a.m. - Collective Protestant

Jewish Services: 379-8666 or

493-6660

8:00 p.m. - Fridays - Worship and

8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant

- Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays,

child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays,

child care is provided

Samoan Protestant Service:

2:00 p.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Roadrunner Community Center, Building 2797. To register, call 221-2380.

July 26

Newcomer's Extravaganza

The mandatory Newcomers' Extravaganza is 9:30-11 a.m. at the Sam Houston Club for all

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - Sundays

Protestant Services:

10:00 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship

- Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship

- Sundays

6:00 p.m. - Contemporary worship

- Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8:00 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area as well as

See MWR, P23

Movie Schedule

Aug. 12, "Source Code," rated PG-13 at the flagpole

Aug. 13, "Beastly," rated PG-13 at Dodd Field

Aug. 26, "I am Number Four," rated PG-13 at the flagpole

Aug. 27, "Gnomeo and Juliet," at Dodd Field

All movies begin at dusk around 8-8:30 p.m. The movie time will get later as daylight remains longer. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. In the event of inclement weather, the movie will be shown in the auditorium of the Roadrunner Community Center. Call 221-2418/2704.

MWR from P22

meet representatives from many different organizations, programs and businesses. All are welcome to attend. Call 221-2705/2418.

FRG Leadership Academy

The class is July 26 and 27, 8 a.m.-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946 or email samh.acs.mob.deploy@conus.army.mil.

HUGS playgroup

The group for parents and children up to age 5 meets Tues-

days, 9-11 a.m. at the Middle School Teen Center, Funston Road Building 2515 for interactive fun play. Registration is not required. Call 221-0349/2418.

Baby Talk

This discussion group for new parents meets Tuesdays from 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

Dress for Success & Interviewing Skills

The class is 9 a.m.-noon at the Roadrunner Community Center, Building 2797. Registration is required. Call 221-0516/0427.

July 27**Bringing Baby Home**

The class is 9 a.m.-12:30 a.m. at the Red Cross, Building 2650. Call 221-0349/0657.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

New Parent Support Orientation

The class is 2-3:30 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349/0657.

Aug. 13**Back to School Bash**

The event is 10 a.m. to 1 p.m. at the Keith A. Campbell Memorial Library. Strap on your backpack and stuff it with school supplies. All MWR patrons and DOD ID cardholders are invited to enjoy free food and entertainment. Call 221-2307.



For Sale: Ladies bike, \$45; bike rack, \$10; book shelf, 4 feet by 2 feet, \$20; Kenmore sewing machine with cabinet, \$45; sleeper sofa and loveseat, light brown, \$95. Call 241-1291.

For Sale: New "Jack Georges" leather briefcase, \$150; "Life Stages" Model 1622DD dog kennel,

\$30; new Wyndmere ultrasonic nebulizer, \$35; new bike helmet, \$20; skateboard, \$20. Call 313-0061.

For Sale: Four tickets to the 2011 MNBA All-Star Game East vs. West July 23 at 2:30 p.m. at the At&T Center, \$24.35 each. Selling for the price as purchased. Seats are located in Section 104A, Row 17, Plaza Level. Call 867-1288.

To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

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